

# It's Ramadan!

## Daily Activities for Ramadan

### Ramadan 23

## Planning and Preparing a Ramadan Dinner



### Today's Quote:

Narrated By Anas bin Malik: A tailor invited Allah's Apostle (salla Allahu alayhi wa sallam) to a meal which he had prepared. I went with Allah's Apostle (salla Allahu alayhi wa sallam) to that meal, and the tailor served the Prophet (salla Allahu alayhi wa sallam) with barley bread and soup of gourd and cured meat. I saw Allah's Apostle (salla Allahu alayhi wa sallam) picking the pieces of gourd from around the dish, and since then I have kept on liking gourd. Bukhari, Vol 7, Book 65. Food, Meals. Hadith 350.

### Goal:

- To learn about healthy food choices
- To plan a healthy Ramadan dinner

### Overview of Today's Activities:

Activity 1: Learn about good dinner choices and plan a Ramadan dinner  
Activity 2: Make a Ramadan dinner collage or menu  
Activity 3: Make Ramadan Placemats  
Activity 4: Ramadan Daily Journal  
Activity 5: Copywork  
Activity 6: Daily Quraan Reading

## Activity 1:

Review the Dinner Tips from "[Diet During Ramadhan](http://www.crescentlife.com/spirituality/diet_during_ramadan.htm)" below  
[http://www.crescentlife.com/spirituality/diet\\_during\\_ramadan.htm](http://www.crescentlife.com/spirituality/diet_during_ramadan.htm)

Based upon what you have read, plan and make (or help make) a healthy dinner before the end of Ramadan

### Dinner:

Consume foods from all the following food groups:

**Meat/Bean Group:** Chicken, beef, lamb, goat, fish, 1-2 servings (serving size = a slice = 1 oz); green pea, chickpea (garbanzo, chana, humus), green gram, black gram, lentil, lima bean and other beans, 1 serving (half cup). Meat and beans are a good source of protein, minerals, and certain vitamins. Beans are a good source of dietary fiber, as well.

**Bread/Cereal Group:** Whole wheat bread, 2 servings (serving size = 1 oz) or cooked rice, one cup or combination. This group is a good source of complex carbohydrates, which are a good source of energy and provide some protein, minerals, and dietary fiber.

**Milk Group:** milk or butter-milk (lassi without sugar), yogurt or cottage cheese (one cup). Those who can not tolerate whole milk must try fermented products such as butter-milk and yogurt. Milk and dairy products are good sources of protein and calcium, which are essential for body tissue maintenance and several physiological functions.

**Vegetable Group:** Mixed vegetable salad, 1 serving (one cup), (lettuce, carrot, parsley, cucumber, broccoli, coriander leaves, cauliflower or other vegetables as desired.) Add 2 teaspoons of olive oil or any polyunsaturated oil and 2 spoons of vinegar. Polyunsaturated fat provides the body with essential fatty acids and keto acids. Cooked vegetables such as guar beans, French beans, okra (bhindi), eggplant (baigan), bottle gourd (loki), cabbage, spinach, 1 serving (4 oz). Vegetables are a good source of dietary fiber, vitamin A, carotene, lycopenes, and other phytochemicals, which are antioxidants. These are helpful in the prevention of cancer, cardiovascular diseases, and many other health problems.

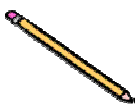
**Fruits Group:** 1-2 servings of citrus and/or other fruits. Eat fruits as the last item of the dinner or soon after dinner, to facilitate digestion and prevent many gastrointestinal problems. Citrus fruits provide vitamin C. Fruits are a good source of dietary fiber.

Fruits and mixed nuts may be eaten as a snack after dinner or tarawiaha or before sleep.

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You may want to review several Ramadan recipes and try something new than what you are used to eating.

So, why not check out [TJ Ramadan's Ramadan Recipes Page](http://tjramadan.talibiddeenjr.amanahwebs.com/ramadanrecipes.htm) for yummy ideas?  
<http://tjramadan.talibiddeenjr.amanahwebs.com/ramadanrecipes.htm>



Jot down any interesting recipes in your [Ramadan Recipe Book](http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/RamadanRecipesBookTemplate.pdf)  
<http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/RamadanRecipesBookTemplate.pdf> with template pages from TJ Ramadan.

Here are some tips on Meal Planning and Kitchen Safety for kids that you might want to review before preparing your meal.

[Kitchen Safety for Kids Course:](#)

<http://www.suite101.com/course.cfm/19315/lesson>

4 lessons on Food Preparation, Kitchen Hazards, Clean up, Fire! ----- **Very useful!**

For parents: [Tablespoons & Teaspoons](#) (<http://www.schwablearning.org/articles.asp?r=990>) Although written for parents of children with learning disabilities (LD) and/or Attention-Deficit/Hyperactivity Disorder (AD/HD), it includes lots of food preparation tips that are suitable for all children, insha Allah.

[Safety in the Kitchen](#) tips on food safety including some from KIDS!

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=288&id=1685>

[Kids in the Kitchen by Kraft Foods](#) Lists safety tips and cooking skills by ages (3-16 yrs)

<http://www.kraftfoods.com/kf/HealthyLiving/articles/kidsinthekitchen.htm>

[Keeping Kids Safe in the Kitchen tips and age appropriate tasks](#)

[http://www.firehouse.com/safekids/factsheets/holiday/holiday\\_kitchen.html](http://www.firehouse.com/safekids/factsheets/holiday/holiday_kitchen.html)

[Kitchen Safety for Young Children](#)

<http://uwadmnweb.uwo.edu/family/HEALTHYC/HEALTH/Kitche~1.htm>

[Staying Alive-Kitchen](#) Very kid friendly site!

[http://www.stayingalive.ca/kids\\_kitchen.html](http://www.stayingalive.ca/kids_kitchen.html)

## Activity 2:

Make a collage of your planned meal (cut out or draw pictures) and/or write out a [menu](#):

<http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/myramadanmealmenu.pdf> for your meal:

## Activity 3:

Make Ramadan Placemats to eat your meal on.  
Print out one of the following and laminate both sides, or make your own!



<http://tj-islamicstudies.tripod.com/duaas/DuaaPlacemat.pdf>



<http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/RamadanWord.pdf>

## Activity 4:

Journal:

Ramadan 23

[http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/DailyJournal\\_Ramadan23.pdf](http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/DailyJournal_Ramadan23.pdf)

What is your favorite meal? Write about it.

Do you know how to make it?

OR

List some kitchen safety tips that you should follow when cooking.

## Activity 5:

Practice handwriting skills by copying today's quote neatly.

You can copy the quote onto one of [TJ Ramadan's Copy work Stationery](#):

[http://tjramadan.talibiddeenjr.amanahwebs.com/ramadan\\_daily\\_journal.htm](http://tjramadan.talibiddeenjr.amanahwebs.com/ramadan_daily_journal.htm)

\*See TJ Ramadan's "[Ramadan Quotes](#)" book or the daily quotes in larger print:  
<http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/RamadanQuotes.pdf>

**Other ideas:**

- Give students dictation on randomly selected words from the
- If student misses the spelling of words, keep a list and give dictation again later in the week.
- Have students write selected words in sentences.

See [Talibiddeen Jr's Language Arts Spelling web page](#) for ideas for practicing the spelling of words.

## Activity 6

Daily Quraan Reading: Read from Juz 21: Ya Sin 28 - Az Zumar 31